



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 15039, Fish, herring, Atlantic, raw

Report Date: June 25, 2017 19:15 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 fillet 184g	3.0 oz 85g
<strong>Proximates</strong>							
Water	g	72.05	138	0.496	20.43	132.57	61.24
Energy	kcal	158	--	--	45	291	134
Energy	kJ	661	--	--	187	1216	562
Protein	g	17.96	59	0.235	5.09	33.05	15.27
Total lipid (fat)	g	9.04	2524	0.091	2.56	16.63	7.68
Ash	g	1.46	28	0.035	0.41	2.69	1.24
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00	0.00
<strong>Minerals</strong>							
Calcium, Ca	mg	57	3	16.753	16	105	48
Iron, Fe	mg	1.10	1	--	0.31	2.02	0.94
Magnesium, Mg	mg	32	1	--	9	59	27
Phosphorus, P	mg	236	4	33.702	67	434	201
Potassium, K	mg	327	5	50.952	93	602	278
Sodium, Na	mg	90	7	4.019	26	166	76
Zinc, Zn	mg	0.99	56	0.073	0.28	1.82	0.84
Copper, Cu	mg	0.092	48	0.006	0.026	0.169	0.078
Manganese, Mn	mg	0.035	--	--	0.010	0.064	0.030
Selenium, Se	µg	36.5	--	--	10.3	67.2	31.0
<strong>Vitamins</strong>							
Vitamin C, total ascorbic acid	mg	0.7	2	--	0.2	1.3	0.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 fillet 184g	3.0 oz 85g
Thiamin	mg	0.092	43	0.007	0.026	0.169	0.078
Riboflavin	mg	0.233	32	0.031	0.066	0.429	0.198
Niacin	mg	3.217	34	0.166	0.912	5.919	2.734
Pantothenic acid	mg	0.645	12	0.098	0.183	1.187	0.548
Vitamin B-6	mg	0.302	17	0.022	0.086	0.556	0.257
Folate, total	µg	10	--	--	3	18	8
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	10	--	--	3	18	8
Folate, DFE	µg	10	--	--	3	18	8
Choline, total	mg	65.0	--	--	18.4	119.6	55.2
Vitamin B-12	µg	13.67	6	0.558	3.88	25.15	11.62
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	28	--	--	8	52	24
Retinol	µg	28	--	--	8	52	24
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	93	--	--	26	171	79
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.07	--	--	0.30	1.97	0.91
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	4.2	--	--	1.2	7.7	3.6
Vitamin D3 (cholecalciferol)	µg	4.2	--	--	1.2	7.7	3.6
Vitamin D	IU	167	--	--	47	307	142
Vitamin K (phylloquinone)	µg	0.1	--	--	0.0	0.2	0.1
<b>Lipids</b>							
Fatty acids, total saturated	g	2.040	--	--	0.578	3.754	1.734
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.005	12	0.000	0.001	0.009	0.004
12:0	g	0.012	20	0.001	0.003	0.022	0.010

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 fillet 184g	3.0 oz 85g
14:0	g	0.554	24	0.021	0.157	1.019	0.471
16:0	g	1.353	24	0.048	0.384	2.490	1.150
18:0	g	0.109	24	0.008	0.031	0.201	0.093
Fatty acids, total monounsaturated	g	3.736	--	--	1.059	6.874	3.176
16:1 undifferentiated	g	0.622	24	0.029	0.176	1.144	0.529
18:1 undifferentiated	g	1.516	24	0.090	0.430	2.789	1.289
20:1	g	0.721	24	0.056	0.204	1.327	0.613
22:1 undifferentiated	g	0.840	24	0.090	0.238	1.546	0.714
Fatty acids, total polyunsaturated	g	2.133	--	--	0.605	3.925	1.813
18:2 undifferentiated	g	0.130	22	0.005	0.037	0.239	0.111
18:3 undifferentiated	g	0.103	20	0.008	0.029	0.190	0.088
18:4	g	0.214	21	0.026	0.061	0.394	0.182
20:4 undifferentiated	g	0.060	21	0.004	0.017	0.110	0.051
20:5 n-3 (EPA)	g	0.709	24	0.028	0.201	1.305	0.603
22:5 n-3 (DPA)	g	0.055	22	0.009	0.016	0.101	0.047
22:6 n-3 (DHA)	g	0.862	24	0.057	0.244	1.586	0.733
Cholesterol	mg	60	20	1.593	17	110	51
<b>Amino Acids</b>							
Tryptophan	g	0.201	--	--	0.057	0.370	0.171
Threonine	g	0.787	--	--	0.223	1.448	0.669
Isoleucine	g	0.828	--	--	0.235	1.524	0.704
Leucine	g	1.460	--	--	0.414	2.686	1.241
Lysine	g	1.650	--	--	0.468	3.036	1.403
Methionine	g	0.532	--	--	0.151	0.979	0.452
Cystine	g	0.193	--	--	0.055	0.355	0.164
Phenylalanine	g	0.701	--	--	0.199	1.290	0.596
Tyrosine	g	0.606	--	--	0.172	1.115	0.515
Valine	g	0.925	--	--	0.262	1.702	0.786
Arginine	g	1.075	--	--	0.305	1.978	0.914
Histidine	g	0.529	--	--	0.150	0.973	0.450
Alanine	g	1.086	--	--	0.308	1.998	0.923
Aspartic acid	g	1.839	--	--	0.521	3.384	1.563
Glutamic acid	g	2.681	--	--	0.760	4.933	2.279

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Glycine	g	0.862	--	--	0.244	1.586	0.733
Proline	g	0.635	--	--	0.180	1.168	0.540
Serine	g	0.733	--	--	0.208	1.349	0.623
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0